

Performance Nutrition Webinars

Sign up for free webinars of this spring 2025 series!

Free Zoom webinar series for students, faculty, and sports health professionals



Mitigating doping risk by reducing the use of tainted supplements

Amy Eichner, PhD, USADA, USA

21 January
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Energy availability and body composition regulation: Theoretical and practical implications for Sports Nutrition

Eimear Dolan, PhD, University of São Paulo, BRA

28 January
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Football Nutrition: from science to practice

Naomi Brinkmans, MS, HAN University of Applied Sciences, NED

11 February
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Interpreting environmental conditions: a primer on “heat” for performance nutritionists

Jenni Vanos, PhD, Arizona State University, USA

18 February
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From bench top to bench press performance: are the rewards worth the risks of heated resistance exercise?

Luke Pryor, PhD, University of Buffalo, USA

25 February
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Dietary carbohydrate and the endurance athlete – contemporary perspectives

Professor Gareth Wallis, PhD, University of Birmingham, ENG

18 March
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Hydration and performance in the heat: guidelines history, controversies and current recommendations

Professor Julien Périard, PhD, University of Canberra, AUS

Adjusted start time
1 April (3 pm AZ)
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Anabolic properties of plant based proteins

Professor Luc van Loon, PhD, Maastricht University, NED

15 April
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Webinar+ Tools Session:

The test-retest reliability of the Gastrointestinal Symptom Rating Scale (GSRs) and how performance nutritionists can use this tool

Alex Mohr, PhD, Arizona State University, ASU



4 February
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Webinar+ Tools Session:

The optimization and validation of the Food Frequency Exercise Questionnaire and how performance nutritionists can use this tool

Daan Hoogervorst, MS, Researcher, NED



4 March
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Webinar+ Tools Session:

The development and validation of the safe supplement screener (S3) and how performance nutritionists can use this tool

Kinta Schott, MS, Arizona State University, USA



25 March
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Webinar+ Tools Session:

The development of a 3D urine color chart, its validity and how performance nutritionists can use this tool

Raul Freire, MS, Arizona State University, USA



8 April
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**Athleat
Field Lab**

ASU
College of
Health Solutions
Arizona State
University

Most Spring 2025 webinars are scheduled on Tuesdays at 10-11 am GMT-7 Arizona, USA. Download PDF: Click on hyperlinks to sign up!
**When signing up, you allow us to send reminders and information about future sessions*

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